

"I" Statements

The exercise for today aims to promote education and the application on healthy communication.

Instructions:

Step 1: First read over the pages that focus on "I" statements. Then move to step 2.

Step 2: In this step, the aim is to practice using what you have learned. Spend 10 minutes with your partner. Each person will take a turn. Share your thoughts and feelings using "I" statements.

Step 3: After hearing each other's "I" statement, share gratitude and explore the following together:

- How is using the "I" statements different from what was taking place
- How did you feel hearing my "I" statement?
- Was there less tension with the "I" statement?
- How did using "I" statements promote respect and compassion?
- How did using "I" statements impact listening?




"I" Statements

"I" statements focus on providing space for genuine feelings to come out versus the quick negative emotional response. It's very similar to an iceberg.

You are on a boat and see this massive iceberg sticking out of the water. Without a doubt, you know (rationally) that there is more ice under the water. At times what happens in relationships is that a person will behave or say something negative. The behavior or statement is the top of the iceberg.

The key is to identify what's underneath. Using "I statements" helps people push beyond the immediate response and dig into the genuine feelings that lie beneath the water.

Once you master this skill, you'll notice a strong improvement in your life and in the relationship.



"I" Statements

Understanding how to use "I statement"

- "I **feel** hurt **when** I call you during the day and don't receive a reply until you get home. I love when you take the time to connect with me. Like those days you send funny emojis or a simple question asking how my day is going. It helps me feel that we are connecting."

Versus

- "You don't think about anyone other than yourself. I called you at 9 AM and it's 6 PM. You could have at least sent me a message. I can't stand you."
- "I **feel** angry and alone **when** we are communicating and you walk out of the house without an explanation."

Versus

- "Next time you walk away from me when I'm speaking to you, don't expect me to be here."